

Know the Facts

- About 4,500 men are diagnosed with prostate cancer in Washington State every year.
- Prostate cancer is the most common cancer for men in Washington State.
- A man has about a 1 in 6 chance of having prostate cancer.

To learn more talk to your health care provider or visit one of the following websites:

- www.cancer.gov
- www.prostate-cancer.org
- www.ustoo.org

You can also call
1-800-4-CANCER

Take care of your health!
Talk to your health
care provider about
prostate cancer.



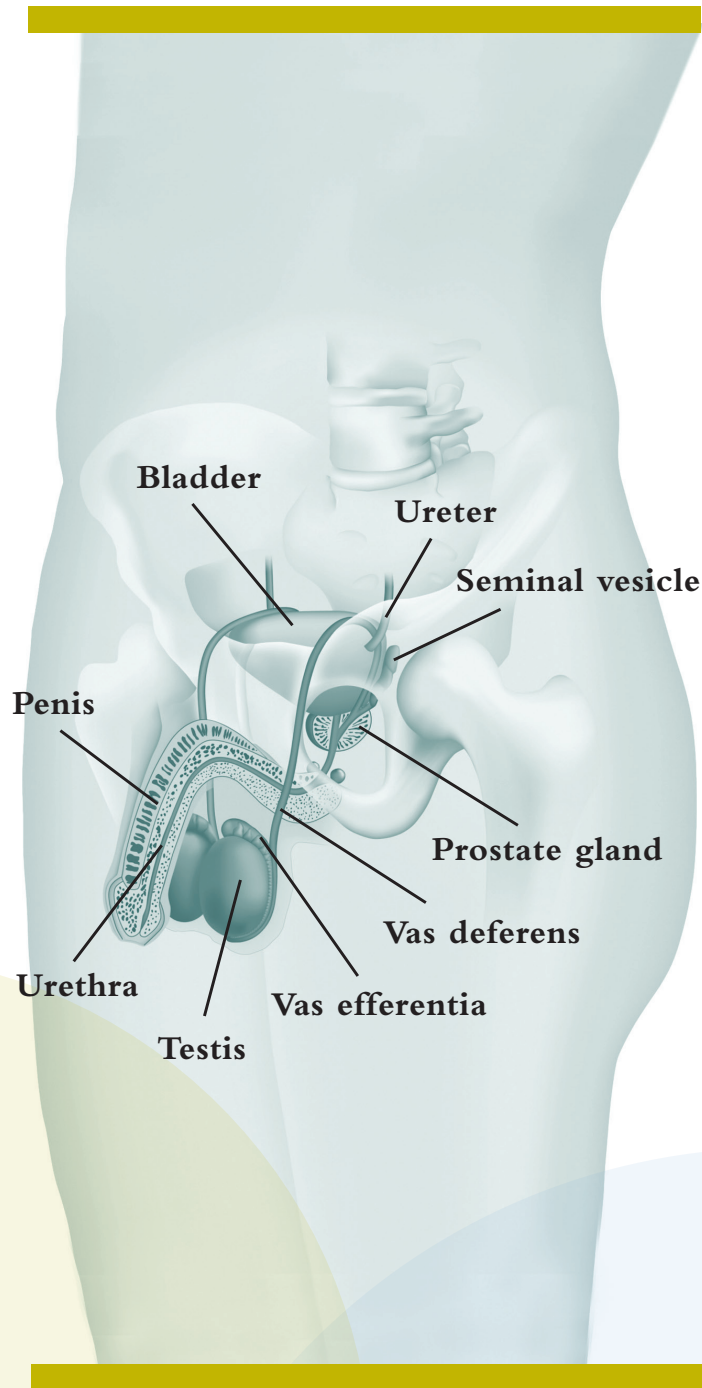
To learn more about the Washington Comprehensive Cancer Control Partnership, visit www.doh.wa.gov/ccp

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Prostate cancer
screening – know
what's right for you



What is prostate cancer?

- The prostate is a gland that is part of a man's reproductive system.
- Prostate cancer develops from cells that don't grow normally and form a tumor.
- Untreated, the cells can spread to other parts of the body and may lead to death.
- Some forms of prostate cancer don't show symptoms.
- Prostate cancer screening can look for cancer in its early stages when it is more treatable.

Start talking

- All men are at risk for prostate cancer, so knowing your risk is important.
- Talk with your family about a history of prostate cancer. If you have a father or brother with prostate cancer or are 50 and older you are at greater risk.
- Screening includes a blood test and a physical exam. *Talk with your health care provider about screening to decide if it's right for you.*
- Make an informed decision.
 - o Understand the facts about prostate cancer screening.
 - o Get more information from your health care provider.
 - o Think about the value of prostate cancer screening for you



Promoting health

- Medical experts are still working to determine the ways prostate cancer can be prevented, but there are many ways to increase your overall health.
- Stay physically active, visit your health care provider regularly and stop smoking.
- Taking a holistic approach to your health is important for you, your family and your tribe.

—know
what's right
for you...